



Toward Sault Plateau, 5 days

- ✓ Easy trek, suitable for families with young children.
- ✓ 5 days, possible in 4 days.
- ✓ All inclusive package (board in gite) or simple rent of a donkey.
- ✓ Accommodation in hotel, gite and mountain refuge or campsite or wilderness camping.
- ✓ Starting Point: Prades.
- ✓ End of walk : Prades
- ✓ Altitude between 1000 and 1700m.
- ✓ Dogs are allowed

Ideal circuit for families seeking a ride without difficulty.

This route offers beautiful and varied landscapes. You discover the tiny country of Aillou, plateau at 1200 m altitude with 4 villages, in which Montailou dominated by small remnants of his castle.

You finish your tour climbing in summer pastures and forests, toward the smooth hills of Chioula. You have a beautiful view on the Pyrenean Chain.

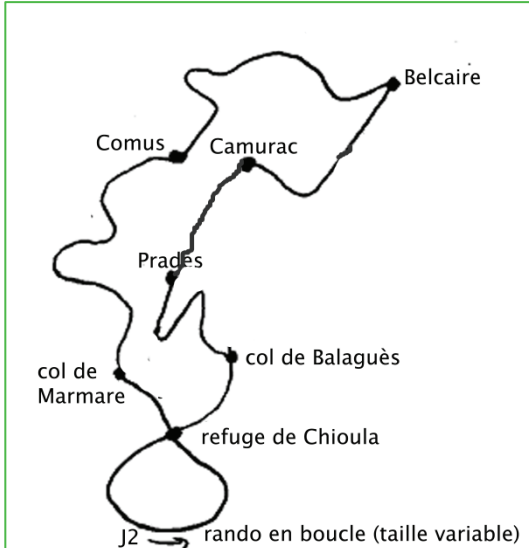
Progression, often on pastoral or forest trail is easy, the vertical drops are small. Young children can be on the back of donkeys. When they want to walk, they can lead the donkey.

For this trek, you can choose all included package with the donkey(s) and board or the simple rent of donkey if you want to camp for example.

All inclusive package, half board or full board

With the all inclusive package, you eat and sleep in an accommodation each night (hotel, refuge and gite). You have 1 donkey for 2 or 3 people. We take charge of your booking in accommodations.

- **The steps day by day**



Day 1 : from Prades (1250 m) to Belcaire (1000 m) 4h30

You cross the small Aillou plateau dominated by Montailou. Even if the ruins of its castle are scarce, the 20 inhabitants village is well-known history. Pamiers bishop, Jacques Fournier, a very famous inquisitor (and ethnologist beforehand), left many registers in which he recorded the village inhabitants' testimonials. Taking those documents as a basis that accurately described the life of lower and modest classes, Emmanuel Leroy Ladurie wrote his history book «Montailou, village occitan ». You go to Belcaire, in the heart of the Plateau de Sault. The pond is reserved each afternoon for swimming and it always enjoys walkers. You can spend a pleasant day there (either planning a day extra). Hôtel +33(0)4 68 20 31 05 www.hotel-bayle.com. Only day with possible providing.

Day 2 : from Belcaire (1000 m) to Comus (1200 m) 4h

Along wide pastoral and forestry tracks, you will reach Comus, a charming village, where you'll meet Anne and her excellent welcome in her gite. You go to the belvedere overlooking the Montsegur castle and Gorges de la Frau. Gite. +33(4) 68 20 33 69. <http://www.gites-comus.com>.

Day 3 : from Comus (1200 m) to Refuge du Chioula (1600 m) 5h

You walk through mountain pastures and forests, going to Chioula refuge and its magnificent panorama of the Pyrenean peaks. It is the sportiest day because the course is quite long. In refuge du Chioula, you sleep in shared dormitory. The refuge is very clean and well adapted for families with young children or babies. Refuge du Chioula. +33(0)5 61 64 06 97 www.refugeduchioula.com.

Day 4 : Walk around Refuge du Chioula (1600 m), you can choose the duration

Right in the middle of the forests and the pastures, Chioula refuge is the starting point of many easy walks . On one side you are above the Ariège Valley, with Sault Plateau on the other side, surrounded by beautiful landscapes. You can find blueberries and raspberries

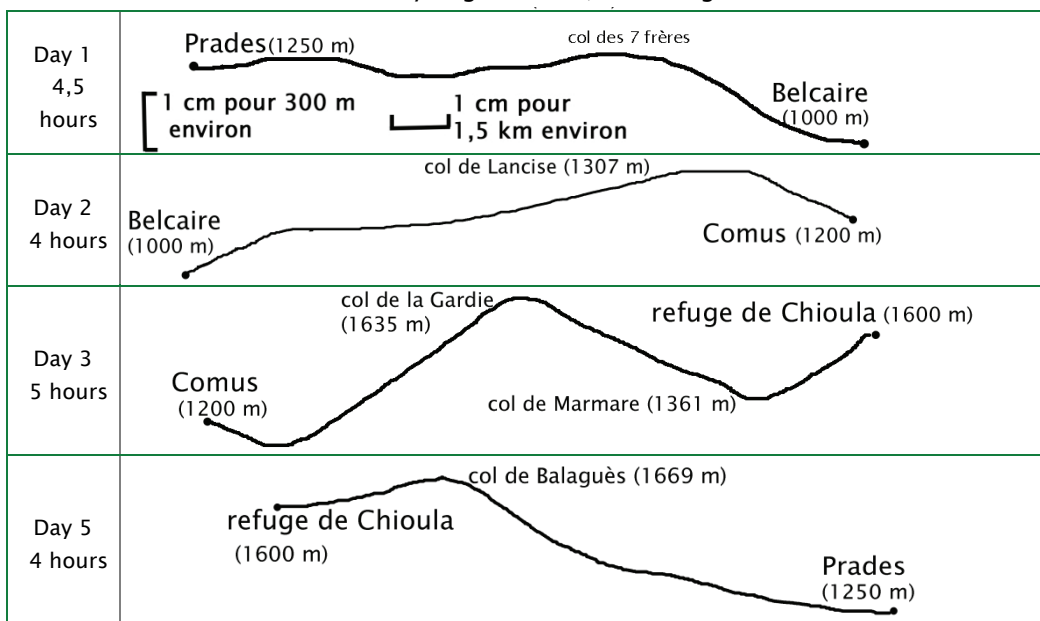
Day 5 : from Refuge du Chioula (1600 m) to Prades (1250 m) 4h

You are on the path GR107 (Bonshommes Path) until the highest point of your hike: Balaguès Pass (1669 m). Scenery is magnificent. You see the Pyrenean chain and you have typical mountain vegetation all around you: gentian, aconite, blueberry... The path GR 107 or Bonshommes path was used by last Cathars who fled to Spain.

You go down slowly until Prades where you finish your tour. It's time to say good bye to your long eared friend.

Each day, you can hike on a shorter variant that passes at the bottom of the valley. So, if you want to have a quiet day or if the weather is not favorable, you can easily continue your hike to the next accommodation with a short stage.

The times indicated are the time you go on hike, excluding breaks.



• **Prices**

« Towards Sault Plateau » is a five days trek. You can hike it in 4 days too if you don't want to walk around Refuge du Chioula the day 4. You can hike it in 6 days if you want to stay a day more at Belcaire.

| | Adult | | Children 4-11 years | | Young children 2-3 years | |
|-------------------------|--------------|--------------|---------------------|--------------|--------------------------|--------------|
| | Half board | Full board | Half board | Full board | Half board | Full board |
| 5 days(4 nights) | 369 € | 415 € | 293 € | 333 € | 249 € | 282 € |
| 4 days(3 nights) | 290 € | 324 € | 232 € | 262 € | 199 € | 223 € |

| | |
|-------------------|------|
| 5 people or more | -6% |
| 10 people or more | -12% |

Free for children under 2 years

This all inclusive package includes the donkey (1 donkey for 2 or 3 people), its pack-saddle and bags, accommodation, transportation of the donkey and maps (IGN 1/25000ème TOP 25 Ax les Thermes n°2148ET) and:

- **half-board** (night+breakfast+evening meal)
- **full board** (night+breakfast+evening meal+picnic except picnic of the day 1)

It's not included: hot shower in Chioula refuge, drink, the board the day before your trek.

You need a sheet sleeping bag to sleep in refuge and gîte. They have blankets. You need your towel, soap... You may be in shared rooms.

There is a stockyard near each accommodation for your donkey. We explain you how to give it some hay and water.

Simple rent of a donkey

You can hike the same trek with just the rent of the donkey. You can organize yourself the booking of your accommodation or choose to camp near the accommodation or do wilderness camp. You can camp and book your meals in accommodation.

- **You want to camp near accommodation :**

At Belcaire : little welcoming camping near the pond. Snack. www.camping-pyrenees-cathare.fr +33(0)4.68.20.39.47

At Comus : The gîte d'étape Le silence du Midi has a camping ground. You can go in the common area where you can use an equipped kitchen. www.lesilencedumidi.com +33(0)4.68.20.36.26.

At refuge du Chioula : you can camp near the refuge and you have to pay something. You can use toilets and can enjoy of the common area (but you can't cook because there isn't common kitchen) if it's not full. www.refugeduchioula.com +33(0)5.61.64.06.97.

- **You want to camp on the wilderness:**

When we meet the day before your trek, we explain you where you can camp on the wilderness, near springs. But in Belcaire, you have to camp in the municipal campsite. Near Comus, it depends if the spring flows.

- **Map**

You need map 1/25000ème TOP 25 AX LES THERMES n° 2148 ET by IGN.



- **Prices**

Rent of a donkey with its pack-saddle, rope and bags.

| | |
|------------------------------|-------|
| 5 days | 253 € |
| 4 days | 207 € |
| Transportation of the donkey | 55€ |

| |
|--------------------------|
| Donkey 2 : -10% |
| Donkey 3 and more : -15% |

A donkey carries 40 kg, the luggage of 2 or 3 people.



For more information: +33(6).85.34.20.22 or contact@la-ferme-aux-anes.com

You have to fill the [form](#) to book and to do a transfer bank of 30% of the price.